



# FITNESS CLASS SCHEDULE



at **FITNESS** *Plus* Building 355 841-1474 Subject to change

Fitness Plus is closed on all federal holidays. Please see reverse side for class descriptions & other important information.

**Valid June 28- August 25**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00 a.m.</b>	Group Cycling for beginners	20/40	Circuit Training	Fitness Stretch	Group Cycling
<b>8:30 a.m.</b>	Body Sculpt	Pure Cardio	Pilates	Step	Body Sculpt
<b>11:30 a.m.</b> <small>Fitness Enhancement Program Classes*</small>	FEP Sculpt	FEP Fitness Stretch @ 11 a.m.	FEP Step	FEP Guts & Butts @ 11 a.m.	FEP Circuit Training
<b>11:45 a.m.</b>		Group Cycling		Group Cycling	
<b>4:00 p.m.</b>	Group Cycling		Group Cycling for beginners		Group Cycling
<b>5:00 p.m.</b>	Abs & Back (30 minutes)	Step		Cardio/Sculpt	Abs & Back (30 minutes)
		Water Aerobics (Pool 307) 5 p.m.		Deep H2O Fitness (Pool 307) 5 p.m.	
<b>6:15 p.m.</b>	Group Circuit @ Gym 109		Group Circuit @ Gym 109		<b>MWR</b> 